

Toilet Training

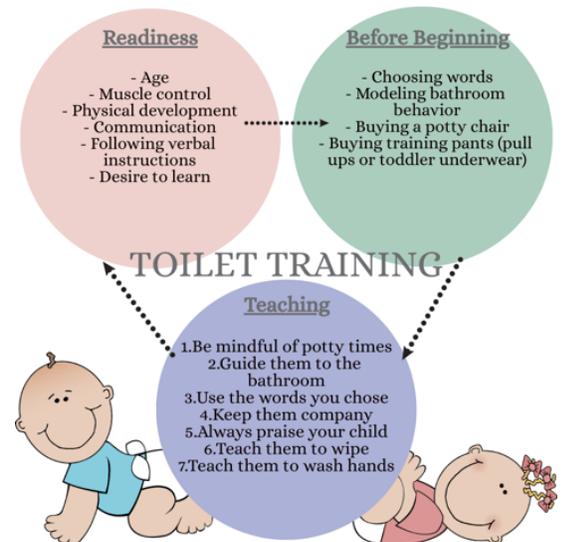
Let's talk about toilet training! Teaching young children to use the toilet does not necessarily need to be tough! With a good plan and consistency, your child can get used to the toilet in a matter of a few days to a few weeks. Following are some guidelines to start the potty-training process.

Before you start, you need to ask yourself "is your child ready?"

- **Age:** A good general rule to follow is that children should be at least 2 years old before you begin toilet training.
- **Muscle control:** is your child able to walk yet? Is your child able to pull their pants up and down? Does your child have good muscle control?
- **Physical development:** The maturity of the bladder is very important to consider. Couple indicators that your child's bladder capacity is ready for toilet training are dry diaper after nap, steady flow of urine, rather than dribbles.
- **Communication:** Your child needs to communicate his intentions to urinate or have a bowel movement. He needs to be able to make some sound, facial expression, or physical movement to let you know he needs to use the toilet.
- **Follow verbal instructions:** Your child needs to somewhat follow verbal instructions.
- **Desire:** Your child needs to have the desire to learn!

Before you begin teaching:

- **Choosing words:** Choose what words your child will use when your child needs to urinate or have a bowel movement. Choose any word that like, but make sure the words are somewhat related, so others can understand your child's needs when you are not around.
- **Model the bathroom behavior that you desire:** Let the child see you and other family members using the bathroom. The same sex parent as the child is generally preferable.
- **Buy a potty chair:** Purchase a potty chair for toddlers. Encourage the child to play with it and become familiar with it before they begin to use it.
- **Buy training pants:** Your child will need to wear training pants (pull ups, or toddler underwear) instead of diapers when you begin toilet training.



Teaching Toilet Training:

1. Be mindful of natural potty times. Which are usually first thing in the morning, after nap, after eating, and etc.

2. When you notice your child needs to urinate or have a bowel movement, guide them to the potty and help pull down their pants.
3. Talk to your child and use the words you selected for urinating and bowel movement.
4. Stay with your child in the bathroom, to keep them company. Maybe read them a book.
5. Always praise your child's efforts during the process, even if they did not urinate or have a bowel movement.
6. When your child is finished, praise your child again, and let them know how proud you are of them! You could also give them a sticker, toddlers love stickers!
7. Teach your child to wipe themselves. Girls should always be taught to wipe themselves from front to back. Teach boys to wipe, before they put their pants back on.
8. Last but not least, teach your child to wash their hands after they are finished on the potty, and emphasize how important it is to practice good hygiene.

Parents! Keep in mind that accidents will happen in the beginning, which is a normal occurrence while toilet training. The main thing to remember when an accident does occur is **DON'T** make them a big deal. You could say something like "oh oh. pooing in your pants probably very uncomfortable, how about we use the potty next time? This way the child does not feel discouraged and feel like they did something "bad" by having an accident. Toilet training takes time and consistency, but once it's over you won't have to change diapers multiple times a day! Which makes it all worth it 😊
Goodluck!

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